

Suggestion: Indoor Aquatic Warm Water Pool

I think it would be a great idea for Franklin to have an indoor pool and hot tubs. Warm water is preferred for teaching babies and toddlers to swim. It is better for lap swimming and required for arthritis water exercising. Currently in the winter months only the cold water pool at the middle school is available.

This is only at 7:30pm which is too late for little ones and seniors. I travel to the Baxter YMCA in Greenwood several times a week along with several other seniors. The pool is booked constantly with a wide variety of classes. (See the attached schedule)

The YMCA is a very profitable organization.

I would like to see Franklin combine their recreation facilities. For example, building an aquatic center that adjoins the current rec center and outdoor pool.

One large facility would meet all athletic needs of the community on a year round basis.

Could the pool be built where the rec parking lot is and have parking elsewhere? If the library moves, that could be the parking for the center. Or are there other empty buildings in Franklin that could be used.

From a financial standpoint, the City would definitely make money. When Franklin residents travel to Greenwood to use this type of Facility, they spend their money there. Like meals and gas. revenue that Franklin is losing.

I have talked with several young mothers at the Y and many are from Franklin and are disappointed with what is offered here. Several have moved to other places. I feel our young families are our future and do not want Franklin to become a senior's village. This center would be within walking distance for the residents of the Masonic home to use for Arthritis Aqua. Also the Methodist Community only has a 4 foot deep cold pool in their clubhouse that doesn't get too much use. Cold water constricts blood vessels which makes a person hurt after exercising. All the studies have shown warm water is very beneficial in healing and also hot tub use.

This center would also create jobs for the residents of Franklin. If this is not a feasible idea, can we invite the YMCA to put in a facility. We would sell them the land and they would have to pay taxes but they would get the revenue these popular centers produce in other cities and small towns.

Thank you for your consideration.

Betsy Stockl

Franklin Resident



AQUATICS

SUMMER INDOOR POOL SCHEDULE

Table of Activities from May 1st to June 30th
 Activity Information and Pool Hours

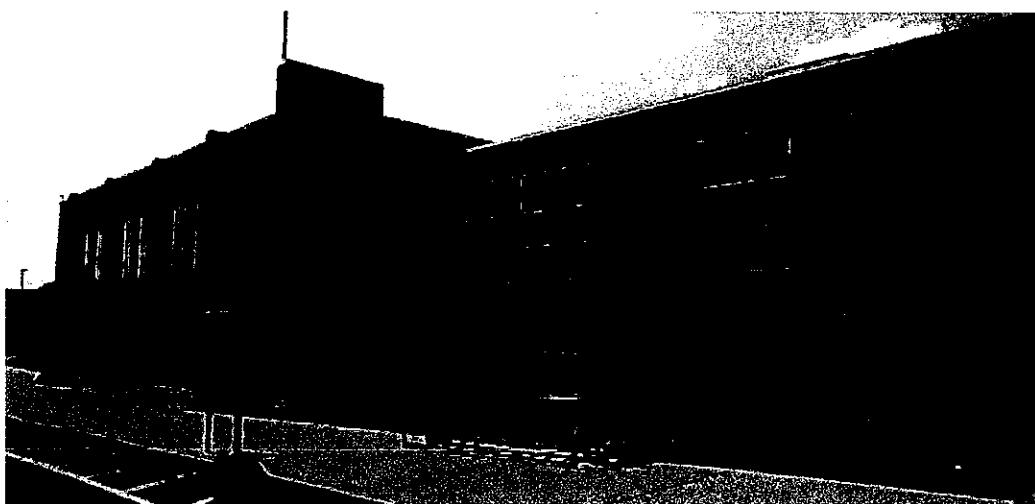
Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)
Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (4 Lanes)
AOA (8:35-9:20)	AOA (8:35-9:20)	AOA (8:35-9:20)	AOA (8:35-9:20)	AOA (8:35-9:20)	AOA (8:35-9:20)	Water Fitness
Water Fitness	Deep Water Aerobics	Water Fitness	Deep Water Aerobics	Water Fitness		
						Lap Swim (4 Lanes)
St. Francis Using Pool & Lap Swim (2 lanes)	St. Francis Using Pool & Lap Swim (2 lanes)	St. Francis Using Pool & Lap Swim (2 lanes)	St. Francis Using Pool & Lap Swim (2 lanes)	St. Francis Using Pool & Lap Swim (2 lanes)	Open Swim Lap Swim (2 Lanes)	Lap Swim (4 Lanes)
	POOL CLOSED		POOL CLOSED		Open Swim (NO LAP)	Open Swim Lap Swim (2 Lanes)
Aquatic Camp Only 2:00-4:00 PM	Aquatic Camp Only 2:00-4:00 PM	Aquatic Camp Only 2:00-4:00 PM	Aquatic Camp Only 2:00-4:00 PM	Aquatic Camp Only 2:00-4:00 PM	Open Swim (NO LAP)	Open Swim (NO LAP)
Spring Openrd (2) & Lap (2)	Open Swim Lap Swim (2 Lanes)	Spring Openrd (2) & Lap (2)	Open Swim Lap Swim (2 Lanes)	Spring Openrd (2) & Lap (2)	Open Swim Lap Swim (1 Lane)	Open Swim Lap Swim (1 Lane)
Open Swim Lap (2)		Open Swim Lap (2)				
Open Swim Lap (2)	Open Swim Lap (2)	Open Swim Lap (2)	WAVES 6:15-7:00 PM	Open Swim		
Water Fitness	Deep Water Fitness & Pre/Post Natal	Water Fitness	Deep Water Fitness			
Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)		

Summer Indoor Pool Schedule

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Baxter YMCA



What's New @ Baxter YMCA

END OF SUMMER POOL REMINDERS....

Look for these changes:

- Once again, the start of Session E (August 8-August 31) brings swim lessons back to the indoor pool. Lessons run on Monday and Wednesday from 5-7 p.m. No LAP/OPEN swim indoor at this time.
- The OUTDOOR POOL will close from 2-4 pm starting August 15th. The outdoor pool gate will only be open from 4-8 p.m. during the week.
- New pool schedules will begin on Monday, August 15th
- The INDOOR POOL CLOSES the week of August 22-28 for annual maintenance. The outdoor pool will still be available during this time for open/lap swim (and will not close from 2-4 pm this week).
- The OUTDOOR POOL CLOSES on Labor Day....Monday, September 5th.
- Fall I session begins on Monday, September 12th.

Y FOR ALL GOLF OUTING

It's time for our annual Golf Outing. Join us September 14 at Southern Dunes Golf Course for a 12 p.m. Shotgun start! Get your foursome and register now to be part of the fun! Register by September 2. Contact Tammy Ward at (317) 865-6567 or tward@indymca.org or [Click here](#) to print a registration form.

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<u>31</u>	<u>1</u>
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<u>21</u>	<u>22</u>
<u>28</u>	<u>29</u>

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YOUTH SOCCER PRACTICES

Practices for this evening are still on as scheduled. Please be sure to bring lots of water.

TEEN STRENGTH AND CONDITIONING

Supervised exercise for teens and youth athletes- Learn proper technique for various weight lifting exercises from a certified personal trainer. Workouts will focus on balance, coordination, muscle strength and endurance as well as key sport components such as speed, power, agility, and core strengthening. Begins Monday, August 1st and lasts 3 weeks. Sessions are 2x/week for 45 minutes- Mondays and Wednesdays 4:30-5:15 p.m. for ages 11-13 and 5:30-6:15 p.m. for ages 14-16.

SMALL GROUP PERSONAL TRAINING

You and your friends can get motivated with small group personal training! Train in groups of 3-5 with one of our certified personal trainers who will take you through an extensive workout to help each individual reach their personal goals! Purchase your 7 hour package today and become one step closer towards reaching your goals!

MEMBER APPRECIATION

Will you be at The Y on Thursday, July 21? Be sure to pick up your complementary chap stick to protect your lips from the summer sun. This is one of the many ways of thanking you for being a member. Availability is limited so come early to get yours!

SUMMER DAY CAMP

Don't let boredom take over your child's summer! We offer traditional, sports and enrichment camps for children ages 3-15. There is something for everyone! We have camp in five locations on the southside of Indianapolis. Spots are filling up fast! Check out the camp brochure at www.indymca.org or contact Sara Noyed at snoyed@indymca.org.

ADULT CO-ED VOLLEYBALL

Friday Nights from 7-10pm FREE for Facility Members and \$40/session for Program Members, bring a friend!

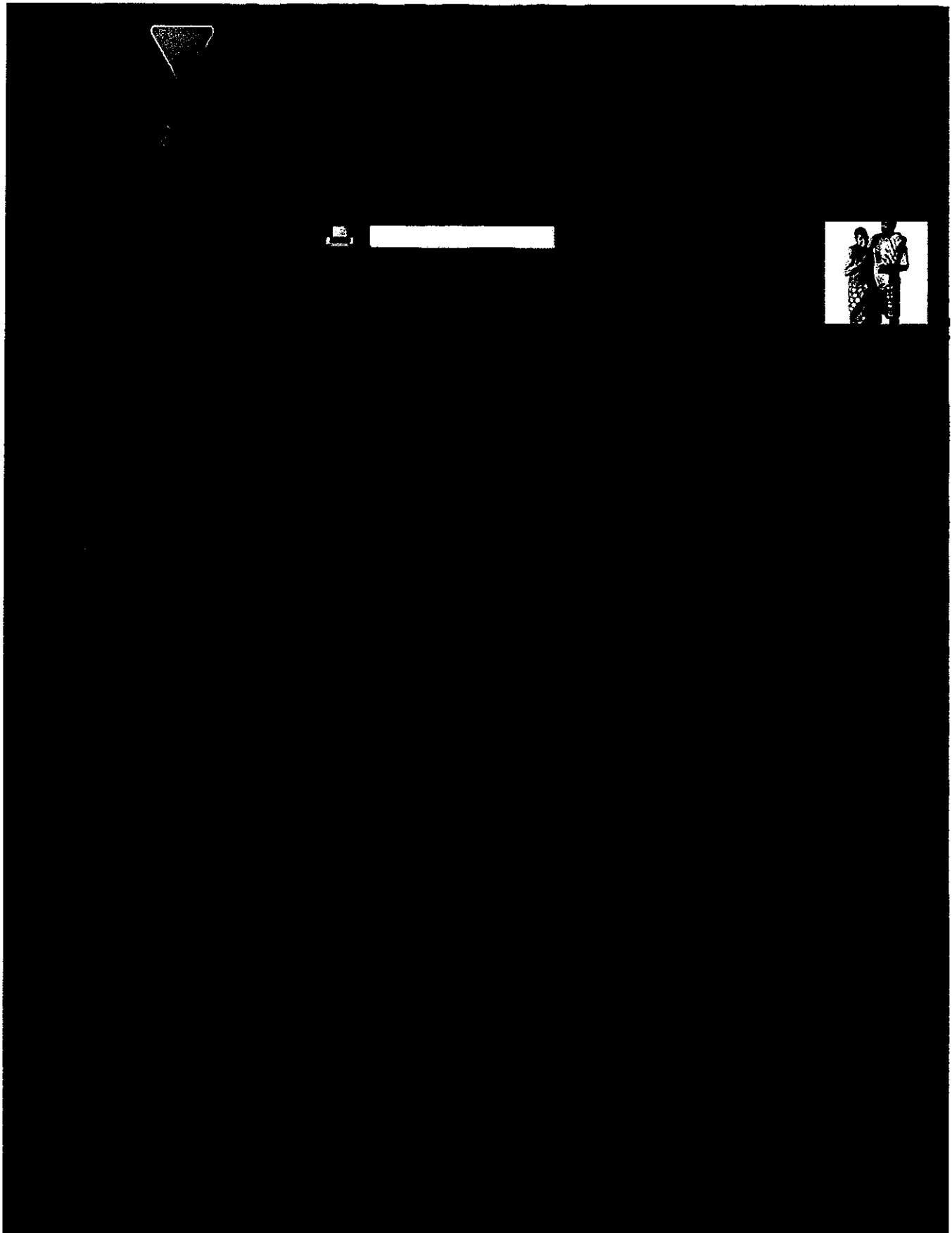
SAFE SITTER

Do you have a 11-14 year old who is looking for summer work? Why not get them enrolled in our Safe Sitter course? [Read more...](#)

DROP-OFF BABYSITTING



Drop off services are now available in Child Watch! Go shopping, have coffee with friends, take a run, get a haircut, dinner out... hooray! Members with household memberships can purchase a punch card for \$25. The cost is \$5 per hour, per child for a maximum of three hours. Offered only during Child Watch hours. Child watch hours are Mon-Fri 8am-2pm, and Mon -Thur 4-8pm (Friday evenings Child Watch closes at 7pm). Questions? Contact Julia Brookbank at 317.865.6472 or jbrookbank@indymca.org.

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Download more tools and activities and learn more at ymca.net/healthy-family-home

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IN IT TOGETHER

TEN SIGNS OF A HEALTHY FAMILY HOME

- Water is the beverage of choice, supplemented by 100% fruit juice and low-fat milk.
- Fruits or vegetables are served at every meal.
- Snack time includes food that contain whole grains and protein instead of saturated and trans fats.
- Kids and adults are moving and playful for at least an hour per day.
- Kids and adults are breaking a sweat at least three times per week for 20 minutes or more.
- Kids are provided with frequent opportunities to play outdoors in ways that are unstructured and exploratory.
- The family dines together at least once every day.
- Kids all receive daily one-on-one time with an adult.
- Television and video game time is limited to two hours per day.
- Kids and adults keep to a regular schedule that helps everyone get enough sleep.

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Areas of Focus



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Being a force for positive change in our community means being focused. Here are the areas we're concentrating on, one person at a time:

Youth Development

We're old enough to know that success starts young. That's why we're advocates for helping children through all phases of their development. Our child care programs teach children essential social skills and values, giving them the foundations they'll need to flourish. Youth swim lessons build confidence and save lives, while youth sports teach fundamentals and instill in children the importance of a healthy, active lifestyle. Leadership and college preparation programs, such as mentoring and Y Achievers, help older kids develop their talents, give back to the community, and become healthy, engaged adults.

Healthy Living

Being healthy is about more than just exercising your body. It's about balancing physical fitness with an equally strong mind and spirit. At the Y, we offer the people, programs and facilities that let everyone pursue this balance. Whether you're reconnecting with family members during Y Family Night, learning how to combat Type II Diabetes in the YMCA Diabetes Prevention Program, discovering new skills in a class or sports league, or simply burning off a few pesky calories in pilates, the Y is a place where you can make yourself healthier every day—and in every respect.

Social Responsibility

We're not only part of the Indianapolis community, we're also a leader. And to that end, we want to be both a catalyst for healthy change, as well as a resource for those who need our assistance. We provide tools and services to help address a variety of critical social issues: Child welfare, employment, housing, education and substance abuse. As part of the worldwide YMCA network, we can bring together people like few other organizations, building awareness for different cultures and pooling resources from around the globe. And we're a widely-respected advocate for the community, leading grassroots campaigns and influencing public policy to affect positive change.